

EFAD launches European Dietetic Action Plan at Amsterdam conference.

23 October 2015, Amsterdam. The European Dietetic Action Plan (EuDAP) is a commitment by dietitians throughout Europe to take actions that will improve health for all, through food and nutrition. The purpose of the EuDAP is to achieve better nutrition and sustainable health, through pro-active engagement with *Health 2020*, the *European Food and Nutrition Action Plan (2015-2020)*¹ and other EU initiatives.

Anne de Looy, President of European Federation of Associations of Dietitians (EFAD), said: “In Europe EFAD and their members are taking this opportunity to state clearly their commitment to action for health improvement through nutrition across the social gradient. Whether it is in healthcare, food provision/service (restaurants), research, industry, public health or in the homes of individual citizens, dietitians will work with their national food and nutrition plans and colleagues to implement the European Dietetic Action Plan 2015-2020”.

Zsuzsanna Jakab, Regional Director of WHO Europe, said “We are thrilled that EFAD has committed to support the WHO European Region Food and Nutrition Action Plan 2015-2020. There are specific priority areas and activities in the action plan that require the involvement and collaboration of health professionals. Amongst those certainly the nutrition education of health professionals and improvement of capacity and capability of those in primary care are of utmost importance.”

Dietitians are key to the implementation of food and nutrition policies. The geographical range and specialist expertise of EFAD members means that dietitians are able to work across all sectors where food and nutrition matter, with all age groups, with policy-makers, with food service management and industry and in healthcare.

The Five Key Objectives for Dietitians in Europe

1. Ensure that healthy food and nutrition is accessible, affordable, attractive and sustainable
2. Promote the gains of a healthy diet and nutritional support throughout the life course, especially for the most vulnerable groups in clinical settings and the community
3. Use dietitians as educators and experts in community and clinical settings to advise the general population, other health professions, authorities (for example ministries, health insurance companies), mass media and industry.
4. Invest in establishing the effectiveness of dietitians in the delivery of better health through improved nutrition
5. Strengthen governance, alliances and networks for a Health-in-all-policies approach

National Dietetic Associations will plan their EuDAP actions informed by national and European policies for health. They will work with their own national and European agencies to implement their plans.

ABOUT EFAD

EFAD is the voice of 35.000 European dietitians - more than half the profession – and is the only organisation advocating for dietitians in Europe.

EFAD alerts MEPs, the European Commission, WHO European Region and others about how dietitians, as key nutrition professionals in Europe, are contributing to a healthier Europe.

¹ WHO European Action Plan for Food and Nutrition Policy 2015-2020

http://www.euro.who.int/_data/assets/pdf_file/0008/253727/64wd14e_FoodNutAP_140426.pdf?ua=1

The aims of EFAD are to:

Promote the development of the dietetic profession

Develop dietetics on a scientific and professional level in the common interest of the member associations

Facilitate communication between national dietetic associations and other organisations – professional, educational, and governmental

Encourage a better nutrition situation for the population of the member countries of Europe.

Membership of the Federation is open all National Associations of Dietitians from member states of Europe. EFAD currently has 34 member associations, representing over 35,000 dietitians in 27 European countries.

You can find out more from the EFAD web site www.efad.org

ABOUT EFAD CONFERENCE IN AMSTERDAM

Almost 400 delegates from Europe and beyond will attend the two day conference on 23/24 October 2015 in Amsterdam. Some 40 speakers will address topics including the EuDAP, hydration, information to consumers, foresight planning, personalised nutrition and dietetic specialities including obesity, diabetes and oncology. www.efadconference.com

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